

Glamour and fun

Bring the whole family to the Baumholder fashion show March 30 at the Rheinlander Convention Center. Admission is \$12 for adults and \$6 for children 6 to 11 years old. Children 5 and under enter free. Learn all about fashion wear from sporty to business and casual to dressy and enjoy finger foods, music and more. To find out more, call mil 485-8779.

Pump some iron

The Baumholder Powerlifting Invitational is March 23 at 10 a.m. at the Mountaineer Fitness Center. Weigh-ins are from 8-9:30 a.m. Entry fee is \$10. There will be awards for the top two lifters in each division. Call mil 485-7176 to find out more.

Free golf

Free golf, that's right free golf will be offered March 30 at the Rolling Hills Golf Course open house. Check in at the newly renovated Pro Shop to get a free round of golf and enter for your chance to win prizes. The fun begins at 10 a.m. Call mil 485-7299 for more information.

Shop 'til you drop

Youth Services is going shopping. April 8 is the date, Neunkirchen Mall is the destination and the trip is open to youth 13 years old and up. Departure is from the Underground at 10 a.m. The cost of \$3 and a signed permission slip must be turned in one week prior. Contact your Youth Services office today for more information.

Car cleaning

Are you getting ready to PCS? If so, stop by Baumholder Auto Crafts and have your car cleaned and ready for inspection. For more information call mil 485-6344.

Wheel alignment

Does your car seem a little off balance? Come to Baumholder Auto Crafts to get that much need wheel alignment. Call mil 485-6344 to make an appointment.

Get ready to hunt

The Baumholder hunting course opens April 8. The course runs for eight weeks and requires 10 or more people. Get your friends together for some great fun. Gun rental is

Post notes



Shadow Day

Photo by Ignacio "Iggy" Rubalcava

Lauren Wagenaar and Samantha Skora take a break from following their parents around during Shadow Day to help schred old documents in the office of the senior tactical commander. The annual event exposes children to their parent's working environment and helps promote a better understanding for their parents' responsibilities away from home.

available. The cost for the course is \$50 per person. Call Brandt Gardner at civ (06783) 6-6202.

Have a laugh

Come out to the Rod and Gun Club for a night of laughs on March 20 as Comedy After Dark returns this month. The show begins at 8 p.m. and will feature Jennifer Wrubel, Sinck, and Brooklyn Mike. Tickets are \$10 in advance and \$12 at the door. Get your tickets now at Leisure Car Rental, the Rec Emporium, or the Rod and Gun Club.

This show is for mature audiences and ID cardholders only.

Tee off

The Baumholder American Red Cross hosts its first annual Memorial Challenge Golf Tournament starting at 8 a.m. May 24 at the Rolling Hills Golf Course. The registration fee is \$30 and includes lunch. There will be awards and raffle prizes. This

is a scramble format tournament. Stop by the Red Cross to register or call civ (06783) 6-1760 or mil 485-1760.

Work at the deli

The Deli and bakery at Baumholder's commissary has positions available for reliable, flexible, customer-service oriented workers. Applications for these positions are available at the deli or bakery counter at the commissary.

Contract position

There is a contract position open for a computer lab instructor with Youth Services to assist children in grades 6 through 12. The contractor will be responsible for providing after school, weekend, and summer computer lab assistance and technical guidance to the youth of military and Department of Defense civilians enrolled in Youth Services. The contractor must have either applied knowledge of Microsoft Windows, Novell Networks, networking concepts and the Microsoft Windows based applications or be a certified Novell administrator. The contractor must be able to troubleshoot problems with the students' computer hardware and software, server hardware and software and other components for the local area network. For more information call mil 485-8249/7276.

Work available

Central Texas College is seeking individuals with a bachelor's degree to teach basic skills classes and to provide academic tutorial assistance to soldiers in preparation for testing. Also needed are individuals capable of teaching Headstart German classes. Call Micky Tyler at mil 485-6487 for more information.

tuition to be had

Up front tuition assistance is now available for active duty soldiers in Europe for college courses from-a-distance, taken with an American regionally accredited college in the United States. Call Bill Badger at mil 485-6487 for more information.

Learning hours

The Army Learning Center in Building 8108 is now open Mondays through Thursdays from 9 a.m. to 9:45 p.m. Friday hours remain 9 a.m. to 5 p.m. The center is closed daily from 1 - 2 p.m. for lunch. Visit the center for CLEP, GED, SAT, ACT, AFCT, and MOS study material. You will also find an on-line bookshelf with the latest Army regulations and pamphlets. Call Jihun Kim at mil 485-6484 for more information.

Computer license

Computer users at the Army Learning Center and the University of Maryland's computer lab must complete the online USAREUR Computer User's Test before getting started. The test can be taken at any site connected to the Army's Local Area Network.

A user's license will be generated after successfully taking the test, and a copy must be shown before using any ALC or UM computer. Taking the test on the same day you wish to order a Military Correspondence Course may be impossible due to the limited number of computers on hand, so plan ahead. For information call Jihun Kim at mil 485-6484.

University rep

The University of Oklahoma field representative from Ramstein Air Base will visit the Baumholder Army Education Center April 3 from 11 a.m. to 3 p.m. People wishing to discuss Oklahoma's graduate degree programs are invited to meet with the university's representative. The representative may be reached daily at mil 480-6807.

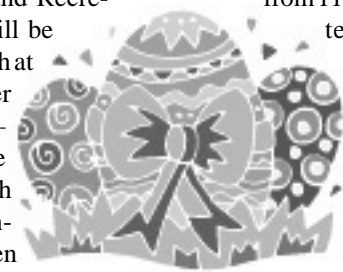
DANTES testing

The Baumholder Army Education Center has limited DANTES and military testing sessions available. Persons interested should call mil 485-6487 for more information.

Easter egg hunt is on

Celebrate Easter with Morale, Welfare and Recreation. There will be an Easter brunch at the Rheinlander from 10:30 a.m. - 2 p.m. with a wide variety of brunch items from pancakes to chicken cordon blue. Adults are \$15 and children 6 to 11 years old pay \$7.50. There will also be fun activities for children 2 to 10 years

old to enjoy at the Rheinlander from 11 a.m. to 2 p.m. After brunch, head over to the Hall of Champions for the annual Community Youth Services Easter Egg Hunt. Children under 3 years old and 3 to 5 years old may hunt for eggs from 12:30 - 1 p.m. and children 6 to 9 years old and 10 to 12 years old will hunt from 1:30 - 2 p.m.



BSB earns award for excellence in supply

HEIDELBERG, Germany—U.S. Army, Europe has announced the winners and runners-up for the fiscal year 2002 Chief of Staff, Army, Supply Excellence Award competition.

Congratulations to Headquarters, Headquarters Company, 222nd Base Support Battalion, runner-up in the Category B, Table of Distribution and Allowances, Level IA.

The SEA is a Department of the Army program designed to recognize excellence in supply at the unit, organizational and supply support

activity levels. Other objectives of the program include enhancing readiness and providing a personal challenge to individual soldiers.

Winners of the USAREUR competition will compete with other organizations in the Army-wide Supply Excellence Award competition. As part of the Army-wide competition, an inspection team from the U.S. Army Quartermaster Center and School at Ft. Lee, Va., will perform on-site evaluations of the USAREUR winners sometime between March and June.

Holocaust survivor is guest for Days of Remembrance

Holocaust survivor Ruth Steinfeld is the featured guest speaker at 1 p.m. April 24 at the Rheinlander Convention Center when the 222nd Base Support Battalion observes the Days of Remembrance.

Steinfeld was born in Sinsheim, Germany the year Hitler came to power. Her parents were considered middle-class—her father being the owner of two specialty stores.

In 1938, Steinfeld and her family were victims of Kristallnacht, the so-called Night of the Broken Glass. In 1940, the family was deported from Germany to a concentration camp in France.

At age 13, after spending the Holocaust years in orphanages and being hidden with a Catholic family, Steinfeld arrived in the United

States.

Steinfeld finished high school, got a job, and soon found her husband. She has accomplished much in her adopted homeland, and raised three daughters. She is especially proud of, and cherishes her seven grandchildren.

Steinfeld is on the board of directors of Holocaust Museum Houston where she is responsible for obtaining testimonies from local survivors. She is also on the board of the Houston Council of Jewish Holocaust Survivors and belongs to a well-organized speakers' bureau.

She has been asked to speak to schools, universities, churches, and synagogues about her life.

Steinfeld is truly a survivor in every sense of the word.

Spring bazaar comes to town

No time to travel to all of your favorite shopping destinations? The 2002 Baumholder Spring Bazaar brings Europe to you. The bazaar is open April 5 from noon – 8 p.m.; and April 6, 7 from 10 a.m. to 8 p.m. The bazaar will be at the Rheinlander Convention Center and Hall of Champions.

Shop to your heart's content at this three-day shopping extravaganza features more than 75 vendors specializing in antiques, clothing, wine, children's toys, Polish pottery and baskets and more. This is one of the last bazaars of the season.

The 2002 Spring Bazaar is sponsored by the Baumholder Community Spouses' Club. All proceeds benefit the Baumholder community.

For more information contact Renee' Poche' at civ (06783) 187489.

Eating healthy in the air

Weigh your in-flight options

PCS time is here, and many of our military members and their families will be flying back to the States soon. Although the flight may not concern you, the meal choices given might. Have no fear; there is good news for the health-conscious eater, no matter what altitude you're at. The following are some easy ways you can increase your chances of eating healthy during your next flight.

The airlines offer alternative choices to the typical ham and cheese sandwich or oil and vinegar pasta dish. They offer lighter meals such as low-fat or low-calorie meals, which can be ordered as little as 24 hours before your flight. Remember that low fat doesn't always mean low-calorie or low-sugar. However, low-calorie meals are usually a safe bet to be low in sugar and fat. Other meal choices include low-cholesterol, diabetic, low-sodium, lactose free, and religion-sensitive meals.

You can call the airline 24 hours or more before your flight to order any of these special meals. It is also possible to order your special meal online as you



order your ticket, or your travel agent can make the request for you. Once on the plane, just let a flight attendant know that you have ordered a special meal so there is no confusion.

If, upon arriving at the airport, you realize that you have not ordered a special meal, don't panic. There are other ways to go about reducing your intake of fat and calories.

You may purchase a low-calorie meal from one of the establishments in the airport and take it on the plane with you. You may also wish to purchase light snacks such as fruit or low-fat granola bars, pretzels or peanuts to keep you from getting hungry in between meals. Another option is to bring your own snacks from home. Carrot sticks, fruit (such as bananas, apples, and raisins), and

other low-fat snacks are good choices. Finally, if you haven't given yourself enough time to plan ahead at all, you can resort to the standard airplane meals. There are some simple ways to reduce the calories in the meals by simply avoiding certain foods. Some foods to avoid are those that are higher in fat such as cookies, butter, chips, and creamy salad dressings. Take advantage of the smaller serving sizes of airplane meals as well. If you are hungry enough to eat the whole meal, go ahead. The portion sizes are still smaller than you would normally eat.

So, the next time you fly, remember these helpful tips on maintaining your weight. It is much easier to do on today's flights than it used to be.

Editor's note: Travelers heading back to the U.S. who elect to take their own food along must remember that U.S. Customs prohibits the import of various food items, such as fruits, vegetables and meats.

So if you take your own food with you, make sure you consume it all or leave it on the plane upon arriving in the U.S.

Find your treasure at annual yard sale

One person's junk is another one's treasure so if there's something you really gotta have, find it at the 222nd Base Support Battalion

semiannual post wide yard sale from 8 a.m. to 4 p.m. May 11 in all of Baumholder's housing areas. All sales are for U.S. identifica-

tion card holders only and all property must be removed by 6 p.m. For more details, call Bill Kalavsky at mil 485-7255/6080.

Woman boxer returns with DOD title

By Ignacio "Iggy" Rubalcava
222nd Base Support Battalion
Public Affairs Office

In just one year she went from a complete unknown to an Armed Forces Class Athlete. And in doing so, Baumholder acquired yet another champion. Theola Rivera literally battled her way to the top of the boxing food chain to win the Armed Forces Boxing Championship at Camp Lajuene, N.C. in February. Boxing out of her 132-pound weight class against a woman Marine in the 139-pound weight class, Rivera managed to out pound the woman Leatherneck 17-3.

"She was in a higher weight class than me, she was a lot taller than me, she had the reach on me, so I thought that would be challenging," said Rivera. "She weighed in at 139 but you know that when you weigh in you have to make your weight but afterwards you can eat more and be at your normal weight so she probably weighted more than 139. I'm guessing she was about five-nine in height and I'm five-four," she said. "But I knew I could do it. I had good confidence. I went in there and, yeah, I was successful."

"I'm also looking at six years down the road, to 2008. That's when they're projecting that female boxing will be an Olympic sport. That's what I'm looking forward to."

Rivera knows, however, that success is not handed to you. You have to work for it and work for it she did. Rivera managed to obtain world class athlete status while



Theola Rivera displays all the awards she received for winning her boxing matches at the All Army and Armed Forces Boxing Championships. Rivera began boxing just one year ago.

Photo by Ignacio "Iggy" Rubalcava

balancing her family life and career. Off-duty she's a mom to her three-year-old son Micholas and a wife to her husband Staff Sgt. Jose Rivera of Headquarters, Headquarters Company, 1-35 Armor. Her own full-time military career is that of a 63 Bravo Lightwheel Mechanic with Delta Company, 123rd Main Support Battalion. Although she has fully dedicated herself to her sport, Rivera staunchly proclaims, "Mission first, above all."

In spite of all her good intentions, training is often a challenge. Rivera has to grab the opportunity

to train when she can. Even if it means jumping rope and shadow boxing in the middle of the night while deployed to Grafenwöhr.

"I'm lucky, though," said Rivera. My chain of command really supports me. When I came back (After winning the Armed Forces championship) and I went to Dexheim, they had a big banner up at the gate when I came in. I was awarded an Army Achievement Medal for what I had accomplished. They had a ceremony for me complete with cake, flowers and a formation. That's support right there. That meant a lot. Everybody was congratulating me. They were like, proud," she said.

With championships at All Army and Armed Forces under her belt, Rivera is now setting her sights on greater challenges. Her immediate goal is to get assigned to Fort Carson and the World Class Athlete Program.

Once assigned to WCAP, Rivera will be able to train at a regular boxing camp and prepare for the Women's National Competition scheduled for July.

"I'm also looking at six years down the road, to 2008. That's when they're projecting that female boxing will be an Olympic sport. That's

what I'm looking forward to. That's my main goal right there. And my husband supports me, that's the main thing," she said.

"I started boxing while my husband was in Kosovo," she said. "Before he left, I went to the gym a few times but I wasn't into it. Also, before he left we were talking about having a second child. Then, while he's gone he finds out that I want to box, that I found a new sport and that I want to hold off on having more children and making my family bigger. That was the hardest thing for him to grasp but once we talked that through, he was good," she said.

Rivera took up boxing along with two other women from her unit. At that time, women were just starting to make their presence known in the USAREUR boxing scene. She could not have known that just one year later she would rocket to the top and claim the championship title in her weight class. She humbly admits that back then, equal opportunity to compete was the only goal she and her two companions had set. "My ambition back then was for females to be allowed to compete in All Army," she said. Because women boxers were just beginning to spread their wings in

USAREUR, every time that Rivera and her companions competed, they made history. It was a first everywhere they went. There crowning moment came when all three won the USAREUR championships in their respective weight classes.

"I think that opened up some eyes," she said.

Boxing has also added a somewhat foreseen challenge to Rivera's life. Not only does she have to contend with competing in a traditionally male-dominated sport, There's also the stigma that if you're a woman boxer you must have some feminine shortcomings.

While having her hands wrapped for a match at the Armed Forces competition, the assistant eyed her painted fingernails and asked, "You box?"

"Yeah," she said.

"What about your fingernails?"

"You know, just because I paint my nails and look feminine when I'm not boxing doesn't mean I can't box. I said to him, you probably don't know I'm a mechanic either.

The naive ringside assistant would probably have more difficulty accepting her as a mechanic than a boxer.

"When I get under the trucks, the grease falls in my eyes, my mascara is everywhere, my hair is everywhere and I don't care."

Rivera is constantly phasing from Rivera the boxer, to Rivera the soldier, to Rivera the woman and civilian.

"I'm like totally different people. When I'm in civilian clothes, my hair is down and I dress nice. When I'm at work my makeup and my hair gets messed up I don't care. When I'm in the ring I don't wear makeup and hair spray.

"So they can't judge me because I look feminine when I'm not in the ring and not in the motor pool. But I thought it was funny that he was shocked that my fingernails were painted. You can be a girl and box," she said.

And one year later, after countless workout sessions at the Hall of Champions with her son always at her side, the support of her husband and her chain of command, Baumholder has a new champion.

"That blows people's mind when they ask me how long I've been doing it and I say a year. You know, I don't realize how well I've done until I see peoples' reactions when I tell them I've only been doing it for a year. I didn't realize what an accomplishment it was. So, anybody can do it. You just gotta' put your heart into it," she said.

Checking delivery can help during claim action

If you have just arrived at Baumholder or are preparing to move, understanding the 70-day rule for providing the carrier notice of any loss or damage in shipment can save you time and money. If not, be prepared to lose money.

At the time your household goods are delivered by a carrier, the driver will provide three copies of a document called the Joint Statement of Loss or Damage at Delivery (DD Form 1840, commonly referred to as the "pink form"). You and the driver should list all the property which has obvious damage or is missing due to the move on this form.

In most cases, listing all loss and damage before the driver leaves is an impossibility. At the end of a

long day, when the driver and his helpers place the last box in your residence, the only thing you want is for them to leave. You usually don't have the time or energy to go through every box and inspect every item for damage. However, if you see that a couch or dining room table is missing at the time of delivery, you should note these items on the joint statement at that time. Claims service policy outlines that obvious damage or missing inventory line items should be noted at the time of delivery. Capturing the loss at the time of delivery benefits you, the claimant, because the driver will help to substantiate that the damage or loss occurred by acknowledging receipt of the damages. Failure to do so places claims

personnel under a duty to inquire why this wasn't done.

You and the driver must sign and date the DD Form 1840 once damaged or missing items have been noted. The driver's signature indicates that his company is aware you have sustained damaged property and/or missing items. Your signature on this form also acknowledges that you understand that you have 70 days to list any further loss and/or damage on the back of the form and take it to the nearest claims office. Failure to do so may result in your being paid a smaller amount on a claim or losing your entire claim.

Even if you did not list any damages or losses on the joint statement at the time of delivery, you can still provide timely notice if you don't violate the 70-day rule. On the reverse side of the Joint Statement is another form, the DD Form 1840R, Notice of loss or dam-

age. Any damaged or missing property not listed at the time of delivery must be listed on all three copies of this reverse side form. Be sure to turn the carbon copies around so that all copies will be legible. List any losses or damages not noted on DD Form 1840. Be as specific as you can when listing your damages. Turn these forms in to the claims office prior to the 70th day after your household goods delivery. The claims examiner will date stamp the form, provide you with a copy and mail the notice to the carrier.

If you do not give the claims office timely notice of the loss or damage by providing the DD Form 1840/1840R within 70 days, you prevent the claims office from giving timely notice to the carrier, resulting in the Army being unable to collect from the carrier. The amount of the loss will be deducted from your compensation. In many cases,

this will result in total forfeiture of the claim.

Remember, you only have 70 days to turn in your DD Form 1840R to the claims office. If at all possible, bring in your inventory and Government Bill of Lading when turning in your DD Form 1840R. At that time, you don't need estimates, or replacement costs when complying with the 70-day rule. When you turn in your DD Form 1840R, you will be provided with claims forms and instructions about filing your claim. Once you have turned in your DD Form 1840R to the claims office, you have two years from the date of delivery to file your claim. Follow these simple rules and this will help claims personnel help you.

If you have any questions pertaining to claim policies, please contact claims personnel at the Baumholder Law Center, Building 8222 on Smith Barracks, or call mil 485-6507 or civ (06783) 6-6507.



Handy numbers to tug the giant's coat

If you are like many other Americans in Germany, you most likely have a language barrier and at some time you have probably had your share of communication problems with Germany's telephone giant, TELEKOM.

In spite of the many technological advances being made almost daily, as nomadic as Americans in Germany are, problems still arise when dealing with an institution that is geared primarily for providing a service for a more stable population.

And since TELEKOM is the only game in town, it's more productive to play along with them.

Here's a few telephone numbers that may open some doors to help resolve possible telephone service problems with TELEKOM:

Bill problems, (0800) 3301020

Technical problems, (0800) 3302000

Technical assistance, (0180) 51990

T-Online, (0180) 5305000

Active - Mobil, (0800) 3304411

T-D1 Information, (0180) 3302202

International English operator, (0180) 2001033

English language service, (no prefix) 11837

TELEKOM, Idar-Oberstein, (06781) 900516/102

TELEKOM customers are reminded that the TKS and Baumholder Service Center at the Post Exchange are a private company associated with TELEKOM to sell handys (cell phones) and other communications services. They are not TELEKOM.

Dance recital caps five months of lessons

Youth Services conducted a dance recital Feb. 16 and 17 at the Wagon Wheel Theater featuring 33 dancers ages 3 to 14 years old.

After five months of dance lessons with their instructor, Yessie Lebron, each age group performed

a ballet, modern/jazz, rock-n-roll, and swing routine.

Baumholder's Army and Air Force Exchange Service donated the use of their theater for the recital and the Baumholder American Red Cross provided a room for the party

following the recital.

Dance lessons begin again in March. Persons interested in having their children participate may register through Child and Youth Services. For more information call mil 485-7003/6968.